

Breakfast (6:00am)	Calories	Carbs	Protein	Fat	Supplements
(2) whole Eggs	148	0	12	10	Fish Oil
1/2 cup Egg Whites	75	0	15	0	Multi-Vitamin
1/2 Cup Oats	150	27	11	1	
Total	373	27	38	11	
Breakfast Alt (6:00AM)					
1 Scoop Protein	140	0	30	0	
3 whole Eggs	222	0	18	15	
1 Sweet Potatoe	99	23	2	1	
Total	461	23	50	16	
Meal 2 (9:00am)					
Bannana	105	27	1	0	
Greek Yogurt	140	22	9	2	
20 Almonds	164	6	6	14	
Total	409	55	16	16	
Meal 3 (12:00pm)					
6oz Grilled Chicken	300	0	28	3	LiverCare
1 can Tuna	191	0	42	1	
4oz Grounbd Turkey	140	0	26	3	
1 cup of Green	41	7	4	0	
Avocado	234	12	3	21	
Total	575	19	32	27	
Meal 4(Pre Workout)					
1 scoop protein	140	0	30	0	C4
20 Almonds	164	6	6	14	
1/2 cup Oats	150	27	11	1	
Total	454	33	47	15	
Meal 5(Post Workout)					
1 scoop protein	140	0	30	0	BCAA
1 cup blueberries	83	21	1	0	Glutamine
Total	223	21	31	0	
Meal 6(Dinner)					
6 Oz grilled chicken	300	0	28	3	Fish Oil
5 Oz Ground Turkey(Alt)	175	0	32	4	CLA
3 Oz Salmon(Alt)	175	0	24	111	
3.5 Oz Lean Beef(Alt)	235	0	27	13	
2 Cups Green	82	14	8	0	
Sweet Potatoe	99	23	2	1	
Total	481	37	38	4	

Meal 7(pre Bedtime)					
1/2 Scoop Casein protein	60	0	12	0	CLA
Total	60	0	12	0	
Total Daily Intake	2575	137	214	73	